



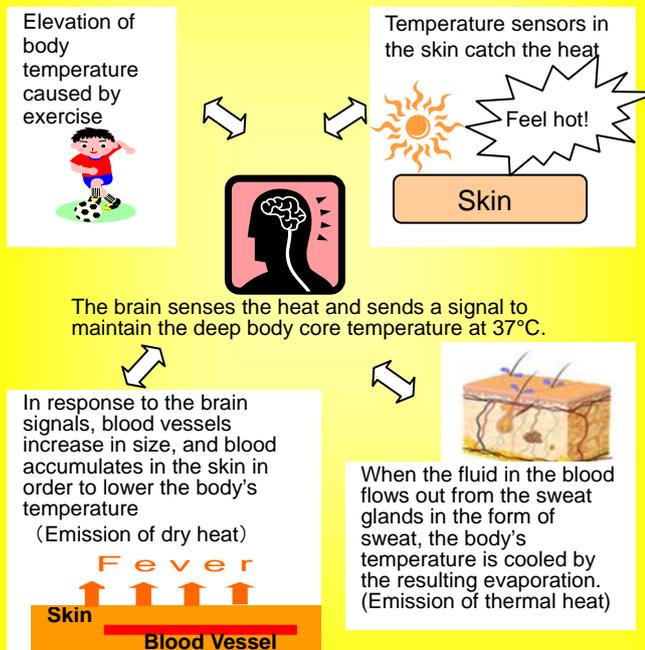
# Heat Stroke Prevention and Management

## Why does heat stroke occur?

It happens when the thermoregulatory system (the system that regulates body temperature) does not function.

## What is a thermoregulatory system?

Its role is to keep the deep body core temperature at approximately 37°C on a constant basis, like a thermostat. However,



this thermoregulatory function also has its limits, and once the limit is exceeded, heat stroke occurs.

## What should we do when suspecting heat stroke...

The term "heat stroke" designates conditions of various degrees of severity, ranging from mild, to severe cases.

## Make sure to deal appropriately with heat stroke according to its degree of severity!

Severity	Symptoms	How to deal with
Class I (Heat syncope) (Heat cramps)	Dizziness Profuse sweating Yawn Muscle pain Muscle rigidity Leg cramps	Move to a cool place Make the person rest Give a sports drink If the symptoms do not improve or worsen, take the person to a hospital.
Class II (Heat exhaustion)	Headache Vertigo Nausea and vomiting Malaise	Take the person to a hospital immediately. Intravenous treatment will be needed.
Class III (Heat stroke)	High fever up Unconsciousness Convulsions Inability to rise Unsteady steps	Call an ambulance immediately while confirming consciousness and breathing. Cool the body with cold plastic bottles, ice, and wet towels. ※Do not make an unconscious person drink water.

## How to prevent heat

Avoid doing excessive exercise in hot weather!

When you sweat, be sure to consume sufficient amounts of water and salt.

Be careful when not in a good physical condition!



Ensure normal room temperature and adequate aeration!

Wear a hat



## Check for information on heat stroke!

On the Ministry of Environment's Heat Stroke prevention information website: "Heat Index (WBGT: Wet Bulb Globe Temperature)" "Flash Report on Heat-Stroke Patients" Please take a look!

[http://www.env.go.jp/chemi/heat\\_stroke/index.html](http://www.env.go.jp/chemi/heat_stroke/index.html)

Heat stroke Prevention Cards can also be downloaded! Please carry one with you to can be ready in case of emergency!

[http://www.env.go.jp/chemi/heat\\_stroke/pdf/pr\\_card.pdf](http://www.env.go.jp/chemi/heat_stroke/pdf/pr_card.pdf)



## To all faculties

In crowded classrooms and gymnasiums, heat stroke can easily occur even indoors even when the weather is not sunny. Be careful to maintain the educational environment in a good condition adjustment of ventilation, air conditioning, etc.

[http://web.jim.gifu-u.ac.jp/gakumu/hoken/info\\_20100618.pdf](http://web.jim.gifu-u.ac.jp/gakumu/hoken/info_20100618.pdf)